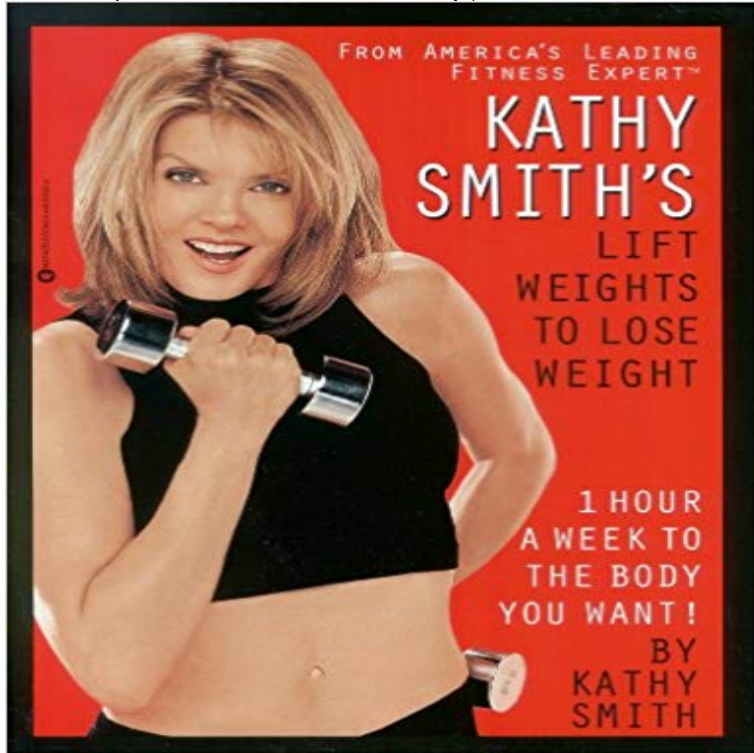


## Kathy Smiths Lift Weights to Lose Weight



From Americas Leading Fitness Expert comes Kathy Smiths Lift Weights To Lose Weight, a 12-week guide to boosting metabolism, toning & sculpting the body, building stronger bones, & getting the body you want.

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